

Worksheet: Recognizing and understanding stress

Below are the steps to help better manage your stress through identifying triggers, recognizing warning signs, and trying ways to cope. Sometimes the warning signs can help you identify your stressors. Take the next few days and start exploring these steps and record them below.

1

Identify Stressors

Identify triggers and stressors that cause you the most stress.

What are your 3 biggest stressors?

- 1.
- 2.
- 3.

2

Warning Signs

Pay attention to your body's signs and symptoms of stress. Sometimes your warning signs can help you identify the stressor.

What symptoms have you noticed that could be stress related?

- 1.
- 2.
- 3.

3

Learn to Cope

Try a few techniques to see what works for you.

What have you tried to better manage your stress?

- 1.
- 2.
- 3.

What do you notice about your stressors? Are they good or bad? Are they related to the same issue or event? Did recognizing your stressors surprise you in any way?

What do you notice about your symptoms or warning signs? Do you feel they are stress related? Did recognizing your symptoms surprise you in any way?

How well did the techniques you learned this week help better manage your stress?

1 2 3 4 5 6 7 8 9 10
Very poor Poor Average Good Excellent

Did you try any other technique that was not discussed in this session? If so, which ones?